



# WHAT TO PACK:

## A FEW NOTES:

We know this list can look intimidating to outdoor novices!! Pretty much everything you see here can be found inexpensively at Sierra Trading Post, Walmart, Amazon, and even local thrift stores! But if you are looking to make camping and backpacking a lifelong hobby, we would advise you to invest in more durable gear from places like REI or the Backpacker's Shop (a local Cleveland Business!) that will last you a loooooong time. And if you'd like some personalized gear recommendations you can always email **Lisa** at [advr@csuohio.edu](mailto:advr@csuohio.edu)

## WE WILL PROVIDE:

If you already own any of these items you are welcome to use your own gear.

- ❑ Tent
- ❑ 20° Sleeping Bag
- ❑ Groundpad
- ❑ Backpack
- ❑ Cookware
- ❑ Headlamp
- ❑ Stove
- ❑ Meals & Snacks

## PACK THESE ESSENTIALS:

- ❑ 1 waterproof raincoat
- ❑ 1 pair waterproof rain pants
- ❑ 1 wool/fleece hat
- ❑ 1 Baseball cap or sun hat
- ❑ 1 pair wool/fleece gloves or mittens
- ❑ 1 fleece/ wool/ insulating jacket
- ❑ 2 pair wool/ synthetic socks
- ❑ 1 pair synthetic long underwear (top and bottom)
- ❑ 1 pair dri-fit / synthetic shorts
- ❑ 2 synthetic/wicking shirts
- ❑ **Underwear!**
- ❑ 1 pair sturdy, worn-in hiking boots
- ❑ 1 pair in-camp shoes (sneakers)
- ❑ 2 water bottles (24-32 oz)
- ❑ Non-breakable bowl and spoon/spork
- ❑ Insect repellent, sunscreen, Lip balm
- ❑ Toiletries
- ❑ Freezer Ziploc bags, gallon/quart size

## FUN BUT OPTIONAL:

- ❑ Travel size hand sanitizer
- ❑ Camera
- ❑ A really good book!
- ❑ Quick-dry towel
- ❑ Bug headnet
- ❑ Dry-sacks
- ❑ Sunglasses

## WHAT ABOUT FOOD?

We will be providing all meals and snacks on the first two days of the trip, and breakfast on the third day. We're planning on having pizza in Ohiopyle when we finish the hike, so you would need to bring money for that meal, and we plan to be back to Cleveland before dinnertime on that day. You are more than welcome to bring your own snacks if you feel like it!